

# JANUARY 2020

			<p><b>1</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Batter's Up - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Collaborative Flower Artwork - AR 11:00 Moments of Joy –SR 1:30 Singing with Suzy– AR 2:00 Balloon Volley - B 2:30 A History of the New Year –LR 3:00 Memory Lane: Movie Stars - LR 3:30 Happy Hour - B 4:00 Ring in 2020 Photo Booth –LR 4:30 Comedy Hour: I Love Lucy –LR 6:00 Entertainment Featuring: Rob Callmeyer – PLR 7:00 Evening Movie - LR</p>	<p><b>2</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Toss &amp; Talk: Resident Choice - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Moments of Joy –SR 1:30 Image Improv – SR 2:00 Pop Out Darts –SR 2:30 Twenty Questions –AR 3:00 Memory Lane: Love &amp; Marriage - LR 3:30 Happy Hour - B 4:00 Passport to Wellness - AR 4:30 The Sweetest Memories of the Year –LR 6:00 Dean Martin &amp; Dancing –LR 6:30 Fireside Chat –LR 7:00 Evening Movie –LR</p>	<p><b>3</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 Intergenerational Music –DR 11:00 Paint Scrape Art - AR 1:30 Singing with Samantha - SR <b>1:30 Image Improv - B</b> <b>2:00 Singing with Samantha –B</b> 2:00 Tic Tac Toe Toss- SR 2:30 Puzzle Challenge - AR 3:00 Memory Lane: Careers - LR 3:30 Happy Hour - B 4:00 Afternoon Stretch - SR 4:30 Finish the Line/Food Match - SR 6:00 January Trivia -LR 6:30 Fireside Chat –LR 7:00 Evening Movie - LR</p>	<p><b>4</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Badminton- SR 11:00 Aqua Painting - AR 1:30 Sing Along - AR 2:00 Balloon Tooss - SR 2:30 January IQ - AR 3:00 Memory Lane: Do You Remember? - LR 3:30 Happy Hour - B 4:00 Bingo Bash - AR 6:00 Name 5 - SR 6:30 Featured Film: Dolphin Tale &amp; Popcorn -LR</p>
<p><b>5</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Catholic Mass Live Stream - AR 10:30 Toss &amp; Talk: This or That - SR 11:00 Color and Chat- AR 1:30 Sing Along -AR 2:00 Horseshoes - SR 2:30 Twenty Questions- SR 3:00 Memory Lane: Hobbies - AR 3:30 Happy Hour - B 4:00 Link &amp; Think: Transportation - AR 4:30 Jigsaw Puzzles -AR 6:00 Evening Entertainment: Chris Moritz - GLR 6:30 Fireside Chat - LR 7:00 Evening Movie - LR</p>	<p><b>6</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Basket Ball Toss- SR <b>10:30 The Sunshine Club –AR</b> 11:15 A Visit with the Velveteen Rabbit –AR 1:30 Singing with Samantha - SR <b>1:30 Image Improv –B</b> <b>2:00 Singing with Samantha –B</b> 2:00 Bocce Ball - SR 2:30 Frosty the Snowman- AR 3:00 Memory Lane: Presidential History - LN 3:30 Happy Hour - B 4:00 Passport to Wellness - AR 4:30 New Year's Traditions -AR 6:00 Art Appreciation: Art &amp; Food - AR 6:30 Fireside Chat– LR 7:00 Evening Movie - LR</p>	<p><b>7</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Badminton - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Glue Resist with Chalk Pastel - AR 11:00 Moments of Joy –SR 1:30 Toss and Talk- SR 2:15 Bell Choir –DR 3:00 Memory Lane: Postcards of the Past - LR 3:30 Happy Hour - B 4:00 Afternoon Stretch - SR 4:30 Category Trivia - LR 6:00 Music Appreciation: Perry Como –AR 6:30 Fireside Chat - LR 7:00 Evening Movie - LR</p>	<p><b>8</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Batter's Up - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Collaborative Flower Artwork - AR 11:00 Moments of Joy –SR 1:30 Singing with Suzy - AR 2:00 Place Your Bets Horse Racing –SR 2:30 Funny New Year's Resolutions –LR 3:00 Memory Lane: Movie Stars - LR 3:30 Happy Hour - B 4:00 Comedy Hour: I Love Lucy - LR 4:30 Martin Luther King Jr. Trivia- LR 5:45 Entertainment Featuring: Don Stevenson– GLR 7:00 Evening Movie - LR</p>	<p><b>9</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Balloon Volleyball - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Working with Textured Materials - AR <i>11:00 Moments of Joy –SR</i> 1:30 Image Improv –SR 2:00 Pop Out Darts –SR 2:30 15 Best Things to Do on New Year's Day –AR 3:00 Memory Lane: Love &amp; Marriage - LR 3:30 Happy Hour - B 4:00 Passport to Wellness - AR 4:30 New Year Superstitions –LR 6:00 Bingo –AR 6:30 Fireside Chat –LR 7:00 Evening Movie –LR</p>	<p><b>10</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Badminton–SR <b>10:30 The Sunshine Club –AR</b> 11:00 Paint Scrape Art - AR <i>11:00 Moments of Joy –SR</i> 1:30 Singing with Samantha - SR <b>1:30 Image Improv –B</b> <b>2:00 Singing with Samantha –SR</b> 2:00 Bowling and Frank Sinatra—GH 2:30 Name 5 - PLR 3:00 Memory Lane: Careers - LR 3:30 Happy Hour - B 4:00 Afternoon Stretch - SR 4:30 Finish the Line/Food Pairs - SR 6:00 Hoedown Detective –AR 6:30 Fire side Chat –LR 7:00 Evening Movie– LR</p>	<p><b>11</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Badminton - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Aqua Painting - AR 11:00 Moments of Joy –SR 1:30 Sing Along - AR 2:00 Tic Tac Toe Toss - SR 2:30 Jigsaw Puzzle Challenge – AR 3:00 Memory Lane: Do You Remember? - LR 3:30 Happy Hour - B 4:00 Bingo Bash - AR 6:00 Penny Ante and Hot Chocolate - DR 6:30 Featured Film: The Greatest Showman &amp; Popcorn –LR</p>
<p><b>12</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Batter's Up - SR 10:30 Catholic Mass Live Stream - AR <b>10:30 The Sunshine Club –AR</b> 11:00 Aqua Painting - AR 11:00 Moments of Joy –SR 1:30 Sing Along - AR 2:00 Tic Tac Toe Toss - GH 2:30 Saying Happy New Year Around The World –AR 3:00 Memory Lane: Do You Remember? - LR 3:30 Happy Hour - B 4:00 Bingo Bash - AR 6:00 Evening Entertainment: Arvell Keithly &amp; Cheri Evans –GLR 6:30 Evening Movie -LR</p>	<p><b>13</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Toss &amp; Talk Getting to Know You - SR <b>10:30 The Sunshine Club –SR</b> 11:00 Create! Open Art Studio - AR 11:00 Moments of Joy –SR <b>1:30 Singing with Samantha –B</b> 1:30 Bean Bag Toss –SR 2:00 Singing with Samantha– SR 2:00 Image Improv –B 2:30 From Selma to Montgomery–SR 3:00 Memory Lane: Movie Stars –LR 3:30 Happy Hour - B 4:00 Jigsaw Puzzle Challenge - AR 4:30 Twenty Questions - AR 6:00 Art Appreciation: Art &amp; Color - AR 6:30 Fireside Chat - LR 7:00 Evening Movie - LR</p>	<p><b>14</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Badminton - SR <b>10:30 The Sunshine Club –AR</b> <i>11:00 Moments of Joy –SR</i> 11:00 Glue Resist with Chalk Pastel—AR 1:30 Toss and Talk –SR 2:00 Bocce Ball –SR 3:00 Memory Lane: Postcards of the Past - LR 3:30 Happy Hour - B 4:00 Afternoon Stretch - SR 4:30 Word Search Puzzles - LR 6:00 Music Appreciation: Nat King Cole- AR 6:30 Fireside Chat - LR 7:00 Evening Movie - LR</p>	<p><b>15</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Batter's Up - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Collaborative Flower Artwork - AR <i>11:00 Moments of Joy –SR</i> 1:30 Singing with Suzy - AR 2:00 Tic Tac Toe Toss - SR 2:30 Best Time of Year– College Bowl –LR 3:00 Memory Lane: The 40s - LR 3:30 Happy Hour - B 4:00 Comedy Hour: The Carol Burnett Show - LR 4:30Puzzles Challenge- AR 6:00 Evening Entertainment: Mark Raborn –PLR 6:30 Fireside Chat - LR 7:00 Evening Movie - LR</p>	<p><b>16</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Balloon Volley Ball - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Moments of Joy–SR 11:15 Working with Textured Materials –AR 1:30 Image Improv –SR 2:00 Pop Out Darts - SR 2:30 Sensational Senses: Waterfalls –AR 3:00 Memory Lane: Love &amp; Marriage - LR 3:30 Happy Hour - B 4:00 Passport to Wellness - AR 4:30Puzzle Challenge -AR 6:00 Dean Martin &amp; Dancing - LR 6:30 Fireside Chat - LR 7:00 Evening Movie - LR</p>	<p><b>17</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Badminton-SR <b>10:30 The Sunshine Club –AR</b> 11:00 Paint Scrape Art - AR <i>11:00 Moments of Joy –SR</i> 1:30 Singing with Samantha –SR <b>1:30 Image Improv –B</b> <b>2:00 Singing with Samantha –B</b> 2:00 Basket Ball Toss - SR 2:30 Hobbies Trivia –AR 3:00 Memory Lane: Around the House - LR 3:30 Happy Hour - B 4:00 Afternoon Stretch - SR 4:30 Jigsaw Puzzle Challenge - SR 6:00 Entertainment Featuring: Boyd Kasten -PLR 6:30 Fireside Chat - LR 7:00 Evening Movie - LR</p>	<p><b>18</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Toss &amp; Talk: Resident Choice - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Color &amp; Chat - AR 11:00 Moments of Joy –SR 1:30 Sing Along- AR 2:00 Snow Ball Fight - GH 2:30 Snowball Fight - AR 3:00 Martin Luther King Jr. Puzzle –AR 3:30 Happy Hour - B 4:00 Bingo Bash - AR 6:00 Finish the Lyric - SR 6:30 Featured Film: Are We There Yet? &amp; Popcorn - LR</p>

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p><b>19</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Catholic Mass Live Stream - AR 10:30 Toss &amp; Talk Resident Choice - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Paint by Number- AR 11:00 Moments of Joy –SR 1:30 Sing Along-AR 2:00 Horseshoes - SR 2:30 Winter Memories –AR 3:00 Memory Lane: Springtime - SR 3:30 Happy Hour - B 4:00 Bird Aviary Discussion –B 4:30 Winter Exercises –SR 6:00 Evening Entertainment: Dan Hoerle –LR 6:30 Fireside Chat –LR 7:00 Evening Movie - LR</p>	<p><b>20</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Toss &amp; Talk: This or That - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Create! Open Art Studio- AR 11:00 Moments of Joy –SR 1:30 Singing with Samantha - SR <b>1:30 Image Improv –B</b> <b>2:00 Singing with Samantha –B</b> 2:00 Bocce Ball - SR 2:30 Martin Luther King Discussion - AR 3:00 Memory Lane: Presidential History - LR 3:30 Happy Hour - B 4:00 Sights and Sounds of Nashville–AR 4:30 Riddle Me This –AR 6:00 Art Appreciation: Art &amp; Music - AR 6:30 Fireside Chat– LR 7:00 Evening Movie - LR</p>	<p><b>21</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Batter’s Up- SR <b>10:30 The Sunshine Club –AR</b> 11:00 Glue Resist with Chalk Pastel- AR 11:00 Moments of Joy –SR 1:30 Toss and Talk - SR 2:15 Bell Choir – DR 3:00 Memory Lane: Postcards of the Past - LR 3:30 Happy Hour - B 4:00 Winter Exercises–B 4:30 Bird Feeder’s –B 6:00 Music Appreciation: Roy Rogers –AR 6:30 Fireside Chat –LR 7:00 Evening Movie –LR</p>	<p><b>22</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Toss &amp; Talk: Getting to Know You - SR 11:00 Collaborative Flower Artwork - AR 1:30 Singing with Suzy –AR 2:00 Basketball Toss –SR 2:30 Twenty Questions– AR 3:00 Memory Lane: The 50s - LR 3:30 Happy Hour - B 4:00 Winter Bingo- AR 6:00 The Ungame –AR 6:30 Fireside Chat –LR 7:00 Evening Movie - LR</p>	<p><b>23</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Pop Out Darts - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Working with Textured Materials - AR <b>11:00 Moments of Joy –SR</b> 1:30 Image Improv –SR 2:00 Pop Out Darts - SR 2:30 Do You Hear What I Hear–AR 3:00 Memory Lane: Vacations - LR 3:30 Happy Hour - B 4:00 Bird Aviary Discussion –B 4:30 Scattergories–B 6:00 Headbandz Game - LR 6:30 Fireside Chat– LR 7:00 Evening Movie - LR</p>	<p><b>24</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Toss &amp; Talk: Getting to Know You - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Paint Scrape Art - AR 11:00 Moments of Joy –SR 1:30 Singing with Samantha - SR <b>1:30 Image Improv –B</b> <b>2:00 Singing with Samantha –B</b> 2:00 Blues &amp; Bowling - SR 2:30 Twenty Questions- AR 3:00 Memory Lane: In The Tool Shed - LR 3:30 Happy Hour - B 4:00 Five-Clue What Is It? –B 4:30 Jigsaw Puzzle Challenge –AR 6:00 Sing-A-Long –SR 6:30 Fireside Chat –LR 7:00 Evening Movie –LR</p>	<p><b>25</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Badminton - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Aqua Painting - AR 11:00 Moments of Joy –SR 1:30 Sing Along- SR 2:00 Tic Tac Toe Toss - SR 2:30 Bingo Bash - AR 3:00 Memory Lane: Do You Remember? - LR 3:30 Happy Hour - B 4:00 Bird Aviary Discussion –B 4:30 Twenty Questions –B 6:00 Pass the Pig Game - SR 6:30 Fireside Chat– LR 7:00 Featured Film: The Blind Side &amp; Popcorn -LR</p>
<p><b>26</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Catholic Mass Live Stream - AR <b>10:30 The Sunshine Club –AR</b> 11:00 Moments of Joy –SR 11:00 Color &amp; Chat - AR 1:30 Sing Along-AR 2:00 Horseshoes - SR 2:30 January Easy It Trivia - SR 3:00 Memory Lane: Hobbies - AR 3:30 Happy Hour - B 4:00 Twenty Questions –B 4:30 Can You Picture This?–B 5:45 Evening Entertainment: Karin Phoenix –GLR 6:30 Fireside Chat –LR 7:00 Evening Movie - LR</p>	<p><b>27</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Batter’s Up - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Create! Open Art Studio - AR 11:00 Moments of Joy –SR 1:30 Singing with Samantha - SR <b>1:30 Image Improv –B</b> <b>2:00 Singing with Samantha –B</b> 2:00 Bocce Ball - DR 2:30 Penny Ante - AR 3:00 Memory Lane: The 50 States - LR 3:30 Happy Hour - B 4:00 Passport to Wellness - AR 4:30 Word Find Puzzles –AR 6:00 Art Appreciation: Art &amp; Emotion – AR 6:30 Fireside Chat - LR 7:00 Evening Movie - LR</p>	<p><b>28</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Batter’s Up- SR <b>10:30 The Sunshine Club –AR</b> 11:00 Glue Resist with Chalk Pastel - AR 11:00 Moments of Joy –SR 1:30 Image Improv –SR 2:00 Resident Council Meeting –SR 2:30 Puzzle Challenge– AR 3:00 Star of the Month –B 4:00 Afternoon Stretch - SR 4:30 Random Trivia -LR 6:00 Music Appreciation: Patsy Cline AR 6:30 Fireside Chat - LR 7:00 Evening Movie - LR</p>	<p><b>29</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Toss &amp; Talk: Getting to Know You - SR 11:00 Collaborative Flower Artwork - AR 1:30 Singing with Suzy –AR 2:00 Basketball Toss –SR 2:30 Modern Jeopardy Trivia - AR 3:00 Memory Lane: The 50s - LR 3:30 Happy Hour - B 4:00 Mad Libs- B 4:30 Jigsaw Puzzle Challenge –AR 6:00 Evening Entertainment: George &amp; Joan Hinds– PLR 6:30 Fireside Chat –LR 7:00 Evening Movie - LR</p>	<p><b>30</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Pop Out Darts - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Working with Textured Materials - AR <b>11:00 Moments of Joy –SR</b> 1:30 Image Improv –SR 2:00 Pop Out Darts - SR 2:30 Puzzle Challenge –AR 3:00 Memory Lane: Vacations - LR 3:30 Happy Hour - B 4:00 Bird Aviary Discussion –B 4:30 Color &amp; Chat –AR 6:00 Uno–DR 6:30 Fireside Chat –LR 7:00 Evening Movie - LR</p>	<p><b>31</b> 9:00 Sole Mates Walking Club - B 9:30 Sunrise Stretch Exercise - SR 10:00 News &amp; Brews - SR 10:30 Toss &amp; Talk: Getting to Know You - SR <b>10:30 The Sunshine Club –AR</b> 11:00 Paint Scrape Art- AR 11:00 Moments of Joy –SR 1:30 Singing with Samantha - SR <b>1:30 Image Improv –B</b> <b>2:00 Singing with Samantha –B</b> 2:00 Blues &amp; Bowling - SR 2:30 Chinese New Year Trivia- AR 3:00 Memory Lane: In The Tool Shed - LR 3:30 Happy Hour - B 4:00 Winter Exercise –B 4:30 Texas Road Trip Detective – AR 6:00 Entertainment Featuring: Rheka Dravina– GLR 6:30 Fireside Chat –LR 7:00 Evening Movie –LR</p>	<p>Location Key AR: Activity Room B: Bistro LR: Living Room PLR: Piano Living Room GH: Garden Hallway K: Kitchen G: Garden SR: Sunroom Bold: The Sunshine Club &amp; Moments of Joy</p>

THERAPY SERVICES

PRIVATE MUSIC & ART SESSIONS AVAILABLE

*Physical, Occupational, and Speech Therapy visit and work with residents at various times throughout the week. See the Charge Nurse for updates with your loved one’s Therapy Program.*

*Restorative Therapy Sessions are also available. Led by our Certified Occupational Therapy Assistants, Mary & Andrea, this program builds and maintains strength, balance, and increases mobility.*

*Contact the Therapy Department at (314) 372-1252 for more information.*



*Private Music Therapy Sessions & Private Art Lessons are an excellent way for creative expression. Often times, these can be relaxing, and calming activities that reduce stress and anxiety.*

*No prior experience necessary. Offered in 30 minute or one hour sessions. Additional charges apply.*

*Contact Samantha, Music Therapist [shinson@mcknightplace.com](mailto:shinson@mcknightplace.com) or Katherine, Art Instructor [kmcatee@thegatesworth.com](mailto:kmcatee@thegatesworth.com) for more information!*